

NEWS FOR ALL SEASONS

MARCH 2018

ISSUE 92

CAREGIVERS SUPPORT GROUP

The Wayne County Area Agency on Aging holds a Caregivers Support Group meeting on the second Wednesday of every month at the Earl J. Simons Senior Center in Honesdale at 1:30 pm.

The meeting is open to potential, current and previous caregivers. If you are in need of an understanding ear, knowledgeable advice, helpful information and the interaction of people who experience similar needs and situations, you are invited to this group.

Caregivers are in charge of the meeting and discuss topics related to their care giving. Topics span the physical, financial, legal, spiritual and social issues that arise. They support one another, learn tips and discuss experiences. The support group offers caregivers ideas for coping including quiet time, meditation, movies, visiting with friends & family, short trips, shopping, church, prayer and exercise.

Ellen Dennis is the facilitator of the support group. She offers caregivers contact information for support or referral.

Caregivers gain confidence in their ability to care for a chronically ill person through support from others. A monthly newsletter related to care giving is provided by the Area Agency on Aging. Light refreshments are also provided.

Caregivers are encouraged to care for him or her self first, in order to effectively cope with care of a chronically ill loved one.

In Like A Lion, Out Like A Lamb

by Lorie Hill

March roars in like a lion
So fierce,
The wind so cold,
It seems to pierce.

The month rolls on
And Spring draws near,
And March goes out
Like a lamb so dear.



ELDER JUSTICE DAY 2018

Wednesday, May 16th 9am-1pm

*Ladore Performing Arts & Recreation Center
287 Owego Turnpike, Waymart*

FREE Lunch & FREE Transportation Provided

CONTACT THE WAYNE COUNTY AREA AGENCY ON AGING AT 570-253-4262

RESERVATIONS ARE REQUIRED, SPACE IS LIMITED

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
|  | March 8 HB: Chicken Leg/ Sweet Potato /WG Roll Marinated Vegetable Salad, Mandarin Or- ange Slices | Ice Cold Milk Available Every Day  March 15 HB: Roasted Broccoli Enchanted Emerald Pears Celtic Mint Chocolate Chip Ice Cream Baine | 1. Vegetarian Lentil Soup Sloppy Joe on Slider Rolls Broccoli Rabe Chilled Peaches  | 2 Lemon Pepper Fish Mediterranean Quinoa Salad HB: WG roll Garden Sweet Peas Spring mix w/ Garbanzo Beans & Cherry tomatoes/Italian Dressing HB: Roasted Carrots Gigglin Grapes HB: Chilled applesauce |
| 5 California Burger (beef patty on WG pretzel roll) w/ avocado/lettuce tomato/red onion Home Fried Potatoes Italian Green Beans Pink Grapefruit slices | 6 Chicken Marsala Baked Potato w/ butter Capri Veggies Whole Grain Bread- stick Heart Warming Apple Crisp  | 7 Boneless Pork Chop/ Natural Juices Smashed Potatoes Peas and Carrots WG Roll/Butter Tropical Fruit Salad  | 8 Minestrone Soup Chicken Salad in a WG Pita Pocket/ Topped with SpringMix Tangy Tangerines  | 9 WG Macaroni & Cheese Casserole Stewed Tomatoes Spring Mix/ Carrots & Cherry Tomatoes/ Italian Dressing HB: Roasted Broccoli Strawberry/Pineapple/ Banana Cup |
| 12 Mediterranean Fish Baked Sweet Potato Pickled Beets HB: ¾ c. Wild Wax Beans Chilled apricots | 13 Chicken and Dumplings Parslied Buttered Roasted Brussel Sprouts Beaming Bananas  | 14 Open Faced Roast Beef Sandwich on WG Bread Fluffy Whipped Potatoes Roasted Carrots Cantaloupe Slice HB: Chunky fruit Cocktail | 15 Happy ST. Patty's Day Blarney Boiled Ham w/ Boiled Cabbage Boiled Potatoes Top of the Mornin WG Ciabatta rolls Irish Isle Broccoli Salad | 16 Cream of Potato Soup Deep Dish WG Pizza Carrot/Raisin Salad HB: Roasted Carrots Cantaloupe Slice HB: Chilled Peaches  |
| 19 Oh so creamy, tomato soup LS Ham & LS cheese on a WG croissant Spring mix/ carrots & cherry tomatoes/ Italian Dressing HB: Garden Sweet Peas Tangy Tangerines HB: Mandarin oranges | 20 Shepherd's Pie Sautéed spinach in garlic & olive oil WG roll with Butter Chilled applesauce  | 21 Roast turkey with gravy Candied Yams Mixed Vegetable Medley WG roll with Butter Cranberry Sauce Baked apples  | 22 Sweet & Sour Pork Cantonese Fluffy Brown Rice Grilled Asparagus Spring Mix with Garbanzo Beans / Italian Dressing Strawberry/ Pineapple/Banana Cup | 23 LS/LF Cottage Cheese & Fresh Fruit Platter Cucumber & Fresh Tomato Slices WG Cinnamon Roll HB: Scrambled Eggs Home Fried Sweet & White Potatoes Stewed Tomatoes WG Cinnamon Roll Chilled Pears |
| 26 Roasted Chicken Leg Baked Sweet Potatoes Blistery Beets Quinoa Salad Tropical Fruit Salad  | 27 Mediterranean Meatloaf Fluffy Whipped Potatoes Roasted Butternut Squash WG Breadstick Cantaloupe Slice HB: Pink Grapefruit Sections | 28 Baked Ls Ham/cloves and a brown sugar bourbon glaze Scalloped Potatoes Roasted Whole Carrots Spring Mix w/cherry tomatoes & cucumber slices/Italian Dressing HB: Applesauce Brioche dinner roll/Butter Coconut Cream Pie | 29 Turkey Tetrzzini Italian Green Beans (3/4c) Marinated Vegetable Salad HB: Managers Choice of Cooked Vegetable Warm apple Crisp | 30 CENTER CLOSED   GOOD FRIDAY |



*NORTHERN
WAYNE
GROUP
— THURSDAY —
MARCH 1
AND
MARCH 15*



(Happy B-DAY Marie)

EVERYDAY AT THE HAWLEY CENTER

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|---|--|--|---|---|
| Cards & Games 8-3 Gym Equipment 10:30 – 11:30 Exercise 11:30 - 3 Mah Jong | Cards & Games 8-3 Gym Equipment 1 - 2 Bingo | Cards & Games 8-3 Gym Equipment 10 - 12 Crafts 10:30 – 11:30 Exercise 1-2 Tai Chi 5:30 – 8:30 Mah Jong | Cards & Games 8-3 Gym Equipment 1:00 Bingo 11 – 2:30 Card Club | Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 – 11:30 Exercise |



EVERYDAY AT THE HONESDALE CENTER

CAREGIVER'S SUPPORT GROUP – WEDNESDAY, MARCH 14 – 1:30


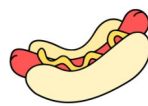





| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|---|---|---|--|---|
| 10:30 Bridge 12:00 Jazz Class 1:00 Crafts 12-2 Advanced Class Line Dancing 2-4 Beginning / Intermediate Line Dancing | 10:30 Exercise 1:00–4:00 Pinochle | 10:30 Exercise 10:30 Bridge 11:00 Tai Chi 1:00 Art Class 1:00 Bingo 1:00 Mah Jong 3:00 Jazz Dancing | 10:00 Games 1:00 Cards  | 10:30 Exercise 1-2:30 Shuffleboard 1-2:30 Cribbage 1:00 Pool 1-2:30 Rummikub 1-3 Memoir Writing Group (1 st & 3 rd) |



EVERYDAY AT THE HAMLIN CENTER

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|---|-----------------------------|--|--|------------------------------|
| Cards & Games 8:00-12 Pinochle 10:00 Piano Time | Cards & Games 1:00 Bingo | Cards & Games 10:00 Exercise 1:00 Sing-Along | Cards & Games 10:00 Exercise 1:00 Crafts | Cards & Games 10:00 Bingo |



| | | | | |
|--|---|--|---|---|
| Ala carte menu |  | <i>hot dogs available upon request</i>  | 1) Soup of the day Baked potatoes | 2) Soup of the day Cheeseburger with French fries |
| 5) Soup of the day BLT sandwich  | 6) Soup of the day Poor man's pierogies | 7) Soup of the day Hot ham & cheese on a roll | 8) Soup of the day Turkey, bacon ranch wrap  | 9) Soup of the day Pizza by the slice |
| 12) Tomato Soup Grilled cheese | 13) Soup of the day Taco salad | 14) Soup of the day Chicken Cheese steak | 15) Soup of the day Chef salad  | 16) Soup of the day Egg salad sandwich |
| 19) Soup of the day Haluski  | 20) Soup of the day Ham club | 21) Soup of the day Hot turkey sandwich w/mashed potatoes | 22) Soup of the day Chicken tenders with French fries | 23) Soup of the day Spaghetti & meatballs |
| 26) Soup of the day BLT Wrap | 27) Soup of the day Rueben sandwich | 28) Soup of the day Taco salad | 29) Tomato Soup Grilled cheese | 30)  |



The Memoirs and More writing group held at the Honesdale Senior Center in the card room on the first floor is celebrating our 6th year. We are still an open, caring group of folks who get together to write, talk, share and support.

We have expanded our focus so that it now includes more than memoirs and more than just narrative writing. Now, we write about whatever we want to at any particular time including not only memories but also ideas, current experiences in our lives, issues of concern to us . . . We write personal essays but also poems, lists, stream of consciousness, humor, etc. Or on occasion, we can choose not to write at all, but only to listen and share.

The M and M Group continues to meet on the first and third Friday of each month from 1 pm to 3 pm. For additional information, call the Senior Center at 570-253-5540 or facilitator, Sue Lory, at 570-937-3148.

Friday Meetings for 2018

(excluding holidays or snow days)

| | | | |
|---------|----------|-------------|--------------------|
| March 2 | March 16 | August 3 | August 17 |
| April 6 | April 20 | September 7 | September 21 |
| May 4 | May 18 | October 5 | October 19 |
| June 1 | June 15 | November 2 | November 16 |
| July 6 | July 20 | December 7 | December 21 or 28? |

Try something new this year.

Group is free & there is no obligation.

Northern Wayne Happenings

On February 1 the Lakewood center celebrated Valentine's Day. On March 1 Barb from Lake Ladore will be our speaker. On March 15 Wayne County's dietitian JoAnn Pesota will speak about healthy nutrition. On April 5 Maryann Corey of Bloom Gifts will hold a jewelry making class at 1:00 PM—there will be a \$5 fee for each piece made. Please call Marie at 570-253-5540 for reservations.

Local Services, Senior Centers & Meals

The 52 Area Agencies on Aging serve residents of all 67 counties and coordinate services at the local level, including:

- Assessments & program referrals
- Home-delivered meals
- Health insurance counseling
- Ombudsman services
- Legal assistance
- Protective services
- Transportation
- Senior centers

For information, visit www.aging.pa.gov or call the Department of Aging at **717-783-1550**.

In 2016-17, the Lottery contributed more than **\$325 million** to Area Agencies on Aging across Pennsylvania.

Among other services, these funds helped to provide **9.1 million** meals served at senior centers and delivered to homes. Lottery funds helped to provide more than **24,900** meals for older Pennsylvanians, every day.

Free & Reduced-Fare Transportation

Anyone age 65 or older can ride fixed-route public transit for free, while commuter rail trips are \$1 each. Those 65 and older also qualify to use on-demand, shared-ride services at a reduced rate.

For information, contact your local Area Agency on Aging, visit www.PennDOT.gov and review the Travel in PA/Public Transit Options, or call the Department of Transportation at **717-783-8025**.

In 2016-17, more than **\$167 million** in Lottery funds provided for over **33.4 million** free transit rides and **3.7 million** shared rides.

On average, Lottery funds helped to provide more than **101,000** free and reduced-fare shared rides for older Pennsylvanians, every day.

palottery.com

Players must be 18 or older. Please play responsibly.
Problem Gambling Helpline: 1-800-GAMBLER.

Benefits Guide



**Benefits Older Pennsylvanians.
Every Day.**

Thanks to players,
the Lottery has
contributed nearly
\$28 BILLION
to programs benefiting
older Pennsylvanians.

Care Services for Older Pennsylvanians

The Pennsylvania Lottery funds care services for qualified older residents, including long-term living services provided at home, in the community or in a care facility.

For information, contact your Area Agency on Aging or call the Long-Term Care Helpline, toll-free, at **1-800-753-8827**.

In 2016-17, the Lottery provided more than **\$304 million** for care services delivered to more than **21,300** residents.

On average, the Lottery funded more than **\$834,000** in care services, every day.

Low-Cost Prescription Assistance

The PACE and PACENET programs offer low-cost prescription medications to qualified residents age 65 and older.

For information, visit www.aging.pa.gov, ask your pharmacist or call, toll-free, **1-800-225-7223**.

In 2016-17, Lottery support for these prescription programs totaled more than **\$186.4 million**.

Enrollees received more than **6.84 million** prescriptions, and Lottery funding helped to fill nearly **18,700** prescriptions for older Pennsylvanians, every day.

Property Tax & Rent Rebates

This program provides rebates up to **\$975** to eligible Pennsylvanians age 65 and older; widows and widowers 50 and older; and people with disabilities 18 and older.

For information, visit www.revenue.pa.gov or call, toll-free, at **1-888-222-9190**.

In 2016-17, Lottery and slots revenue provided more than **\$264.9 million** in rebates to more than **559,000** households.

Nearly **\$726,000** was refunded, every day.

March Upcoming Events

March 1, – Thursday, The Hamlin Senior Center Jangler's Practice at 1:30 PM

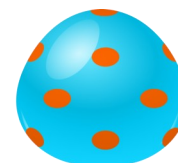
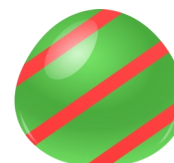
March 9, - Friday, Birthday Bash at 1:00 PM

March 15 – Thursday, Shamrockin Party at 1:00 PM

March 21 – Wednesday, DIY Group – Picture Frame Scrapbooking at 1:00 PM –
Contact Becky for details

March 27 – Tuesday, Easter Egg Coloring and
Decorating – 10:00 AM

March 28 – Wednesday, Easter Party with most
creative Egg Contest and Entertainment by Andy
Anderson



March Speakers:

Tuesday, March 13th – Wayne Memorial Rehab

Tuesday, March 20th Camp Ladore Scholarship Program

A Few Tactics to Establish An Attitude of Gratitude

Just applying a few of the tactics below to your daily routine will assist in your sense of wellbeing.

- Wake up every day and express to yourself what you are grateful for
- Tell whoever you are with at the end of the day the 3 things you are most grateful for
- Tell whoever you are with right now (significant other, friend, family member, etc.) the 3 things that you are most grateful for in this moment
- Start a gratitude journal - Express gratitude in this journal every night by noting the things that you are grateful for, proud of, and excited about
- Acknowledge yourself for what you have done and accomplished in the last day/week/month/year. Instead of comparing yourself to others, give yourself credit for the big and small things you have been doing!
- Acknowledge other people and thank them for inspiring/helping/supporting you - oftentimes people wait their whole lives to be acknowledged (and yet it happens far too infrequently)!

If the gratitude process is hard to get started, begin by asking yourself, “What *could* I be grateful for?”, and see if the ideas start to flow. This is a mindset habit that is recommended by Tony Robbins in his book, *Awaken the Giant Within*.

Every day won't be perfect, but focusing on what we are grateful for tends to wash away feelings of anger and negativity.

And in addition to improving mood, recent studies show that feeling and expressing gratitude leads to better physical health as well. Paul Mills, a Professor of Family Medicine and Public Health at the University of California San Diego School of Medicine, conducted studies that looked at the role of gratitude on heart health.

Among other things, he found that participants who kept a journal most days of the week, writing about 2-3 things they were grateful for (everything from appreciating their children to travel and good food), had reduced levels of inflammation and improved heart rhythm compared to people who did not write in a journal. And the journal-keepers also showed a decreased risk of heart disease after only 2 months of this new routine!

So try adopting some of the above tactics, even just one or two, in order to develop an overall grateful mindset. It takes a bit of work, but having an attitude of gratitude is one of the most impactful habits for a fulfilling and healthy life. Andrew Merle, Health, Joy, and Wellness Author

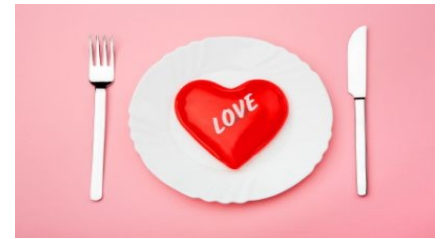
Valentines Luncheon

On Friday, February 16th the Hamlin Seniors celebrated Valentines together in style. The kitchen provided the main course to start—with a little Vic Damone music playing in the background.

Butterfly crafted favors decorated the tables with Valentines Cards made by the 4-H Explorers group. For dessert, along with their chocolate cake, the seniors received one dark and one milk chocolate covered strawberry. Following the meal we played a couple of games. One game consisted of two teams who threw newspaper colored snowballs.

Gloria C. was the last person out—without being hit. She was excited to win. Next was "Pop The Question". Everyone was presented a balloon to pop with a Valentines Trivia question. Each table was a team and could help one another answer their question. The table team who answered the most questions won. Congratulations, Susie, Mary Ann, Billy, Millie, Anna, Charlie and Ann.

Prior to the end of the celebration I read a "Love Story" presented by Debbie B. The story was a nice



touch to the day and touched all of our heartstrings. Before everyone left they selected a light pink, freesia, or red carnation with a bow. It was a fun filled day. Thank you for all who shared it with me!

MARDI GRAS CELEBRATION

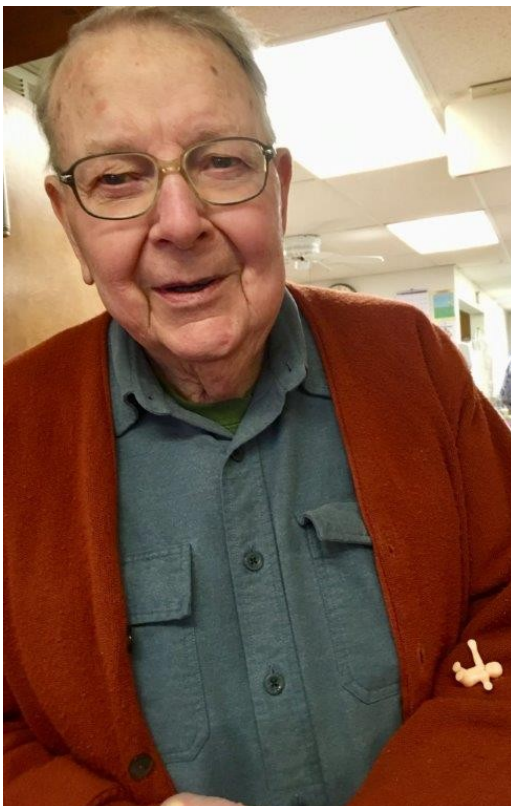
Monday, March 12th the center celebrated Fat Tuesday with Fausknauts

and the Mardi Gras King Cake. We learned about the history of the cake and the meaning when you find the special surprise within the cake. A senior guest found the baby and welcomed the good luck wishes and the opportunity to make the cake in the future. The duet team Diane and Vern from "Windfall" sang some favorites songs from years gone by as we all celebrated Cajun fun!





Below:
Jim Byrnes cradling the baby found in his piece of King
Cake (from Mardi Gras lunch). Jim is promised good
luck for a year and expected to make next year's cake





Valentine's Day Party
photos from
Honesdale
Center

Mardi Gras Pictures
Page 8



HAWLEY NEWS

I hope everyone is looking forward to Spring. For myself, I am searching for the first sign of Robins, buds on the trees, sunshine and warm weather. And with that said, we had a terrific time this month celebrating all our parties in a row.

First we took a walk down Bourbon Street showing off our colored beads, head dresses and fancy outfits. We had a great time finding the baby in the cake and eating all the donuts we could on Fat Tuesday. Unfortunately, we were closed on Valentine's day due to icy weather. So on Thursday February 15th we felt the Love of St Valentine with Romantic music and sweet treats. On the same day we also celebrated the year of the Cat. We all enjoyed a traditional dinner followed by a



fortune cookie. I hope we all have some good luck this year. I guess we'll wait and see.

Speakers for the month are: Friday, March 9th Wayne Memorial Rehab will speak on Rehabilitation starting @ 11:15. On Friday, March 16th Barbara from Camp Ladore will be here to tell us about their Scholarship program and activities starting at 11:30. Our St Patrick's Day dinner is being held on Thursday March 15th. Wear your green and celebrate the luck of the Irish.

This year's Easter Dinner will be at the end of March—Wednesday the 28th. Let's see if we can get the Easter Bunny to hop on in.



Don't forget we will be closed on March 30th to commemorate Good Friday.

For the month of March our Birthdays are: Pat McKeel, Bill Bursis, Theresa Cleary, Irene Stark, Daniel Soos, Arlene Diehl, Merry Ellen Daniels, Jennie Questore, Sarah McAllister, Hank Vreeland, Theresa Nurnberger, Charlotte Bell, Karen Lutz and Pat Stephenson. Happy Birthday to you all.

February 13, 2018 – Mardi Gras Celebration

Our Mardi Gras/Fat Tuesday party was a big success. Guests feasted on King Cake, enjoyed New Orleans jazz and enjoyed each other's company. Jim Byrnes found the baby in his piece of cake (see photos page 8); folklore promises him a year of good luck!

February 15, 2018 –Honoring the Lunar New Year

Chinese New Year, the year of the dog, was celebrated with a meal of General Tso's chicken and other Asian side dishes as well as egg rolls and fortune cookies.

February 16, 2018 – Valentine's Day Party

A celebration of the day of love was held with a special Valentine's Day themed menu and chocolate treats. Many in attendance were lucky recipients of door prizes (see photos page 9).

March 8, 2018 – Jewelry Making Event

Maryann Corey, proprietor of Honesdale's Bloom Gifts, will instruct participants in the making of beaded jewelry at 1:00 p.m. The fee is \$5 PER each piece made. Please call Marie at 570-253-5540 to make a reservation to attend the class.

March 15, 2018 – St. Patrick's Day Party

A traditional ham and cabbage dinner is planned for this celebration. Put your green on and come on down—everyone is Irish on St. Patrick's Day! Loretta Douglas will be here to play and sing at 11:00 AM. Please call Kathy to make reservations, 570-253-5540.

Memoirs and More Writing Group

The ***Memoirs and More*** writing group held in the card room is celebrating its sixth year—an open, caring group of folks who get together to write, talk, share and support. The expanded focus includes more than memoirs and narrative writing, such as ideas, current experiences, and issues of concern, as well as personal essays, poems, lists, streams of consciousness and humor. On occasion, attendees may choose to not write at all, but to listen and share. The group continues to meet on the **first and third Friday** of each month from 1 to 3 p.m. (If Wayne Highlands School district is closed, group does not meet. Please remember to check the local news for school closing information.)

Pinochle Card Players Wanted!

A new pinochle card group is forming. All are welcome—beginners to experts. This friendly group meets Tuesdays and Thursdays from 12:45 to 3:45 p.m. in the card room. For questions, call Suzanne at 243-5540.

March 30, 2017 – Good Friday

Please remember the center is closed in observance of the Good Friday holiday.

Events for March at Wayne Co Public Library

1. Project Linus will meet Friday, March 23 at 4:00. This group is for teens and adults. They make blankets for children in need.
2. Poetry Awareness will meet March 20th at 5:30 sharing read-



Project
Linus

ings and insights of spiritual poetry.

3. Adult Story Time on Wednesday, March 7th from 12 to 1:00. Bring you lunch and listen to stories of humor and interest. Bring you lunch.

4. Food for Thought----March 10, 17, 24, and 31. A series of 4 program sponsored by local members of Pennsylvania Association for Sustainable Agriculture . Meeting Saturdays in March; 10:30 to 11:45.

5. Trivia Night on March 22nd at 5:30. Teams of 4 to 6 adults compete for prizes and challenge their trivia knowledge.

Contact Elizabeth at 570-253-1220 or ewilson@waynelibraries.org for questions or to register.

MedReturn
Drug Collection Unit



WANTED:

Unwanted, unused & expired prescription and over-the-counter medications

1 in 5
high school students
have abused
prescription drugs.

Every day
2,500
kids abuse
prescription
drugs for the
first time.

75%
of people who abuse
prescription pain relievers say
they got them from friends or
relatives.

Don't let unwanted or expired medicines add to the startling statistics. If you have prescriptions or over-the-counter and other unused medicines, PA MedReturn drop boxes are a safe, effective and environmentally-friendly way to dispose of them.

FREE AND ANONYMOUS

Products Accepted

Prescription and over-the-counter solid medications, tablets and capsules, liquid medications, inhalers, creams, ointments, nasal sprays, and pet medicines

Products NOT Accepted

Intravenous solutions, injectables and needles

Where

Wayne County Courthouse Vestibule
925 Court Street
Honesdale, PA 18431

A project of the
Wayne District Attorney's Office, Janine Edwards, DA
with the support of



Alzheimer's Association Caregiver Support Groups

****Monroe County** / Loder Senior Center
62 Antalomink Street , East Stroudsburg, PA
Meeting on the 2nd Monday of each month @ 5:30pm
Contact: Jen Bayer Phone: (570) 424-6174

****Pike County** / Blooming Grove Senior Center
150 Pike County Blvd., Lords Valley, PA
Meeting on the 2nd Monday of each month at 1:30pm
and 4th Monday of each month @ 2:30pm
Contact: Rene Bernatzky Phone: (570) 775-9990

****Lackawanna County** / Carbondale Library
5 N. Main Street , Carbondale, PA
Meeting on the 2nd Wednesday of each month @ 6:30pm
Contact: Marie Andreoli Phone: (570) 282-4281

YELLOW DOT PROGRAM

The Yellow DOT program, is federally funded program and was created to assist citizens in an emergency following a traffic accident when you may not be able to communicate to emergency personnel. Placing the yellow dot in your vehicle's rear window alerts first responders to check your glove compartment for the completed yellow pamphlet for vital information to ensure you receive the medical attention you need and to contact your family. Participants complete a personal information form, which includes the participants name, contact information, emergency contact information, some medical history and medications, allergies and their doctor's name and number. A photo showing only the participants head and shoulders is taped to the front of the completed pamphlet. The yellow dot is provided in the kit and is placed in the lower left corner of the participants rear window. The decal alerts first responders that vital information is in the glove compartment. To receive a yellow dot pamphlet please contact the Wayne County Area Agency on Aging, 323-10th Street, Honesdale or by calling 570-253-4262.

Cape Cod, Massachusetts Including Chatham, Plymouth & Boston

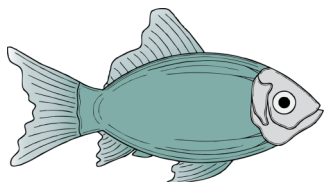
5 Days – 4 Nights September 10 – 14, 2018

\$535.00 per person double occupancy \$685.00 per person single occupancy

A beautiful trip to a breathtaking seaside vacation spot.
This fully escorted tour will keep you moving with picturesque
sightseeing, history and much more.
Please call Debbie for details or questions.



Reserve your seat with Marie at 570-253-5540
or Debbie at 570-630-2385.



Depart: Honesdale McDonald's at 6:00am, Hawley Senior Center at
6:30am, Hamlin Center at 7:00am

*Please have a \$300 deposit in by Friday, July 13 - Balance due by Friday, August 10

Make check payable to: Wayne County Aging

Cancellation Policy: Money refunded only if your seat can be filled. Trip insurance is available.

Silver Birches Bus Trip

Wine Festival and The Joey Vincent Show

Thursday, April 12, 2018

\$60.00 per person includes: Family Style Italian Luncheon, Wine tasting, snacks upon arrival and departure, and the amazingly talented *Joey Vincent* will delight and entertain with music and humor. A great show for everyone.

Reserve your seat with Marie at 570-252-5540 or Debbie at 570-630-2385.

Depart:

Hamlin Center at 9:00am
Honesdale McDonald's at 9:30am
Hawley Center at 10:00am

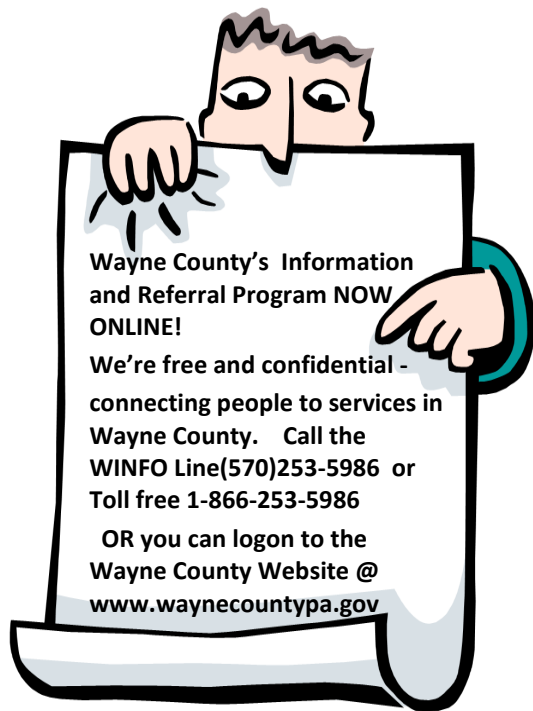
Arrive Home:

Hamlin at 5:00pm
Honesdale at 4:30pm
Hawley at 4:00pm

*Money needs to be in by Friday, March 30. *Make checks payable to: Wayne County Aging

*Cancellation Policy: Money refunded only if your seat can be filled.

After April 1st no refunds for any reason.



Production Coordinator: Kathy Robbins
Menu Coordinator: Joanne Pesota
Editor: Kathleen Chicoski
kchicoski@waynecountypa.gov

Honesdale Center Earl J. Simons Center 323 10th Street, Honesdale, PA 18431 570-253-4262/570-253-9115 fax end of 10th St. across from Stone Jail

Hamlin Center Salem Township Building, 15 Township Bld. Rd, Route 590 Hamlin, PA 18427 570-689-3766 // 570-689-5002 fax Route 191 South to Hamlin 4 corners turn right onto 590 West, go 1/2 mile turn right after UPS Sign

Hawley Center Robert J. Drake Senior Community Center 337 Park Place, Bingham Park Hawley, PA 18428 570-226-4209 // 570-226-3422 fax Route 6 to Hawley, past ball field across from Mayor's office, just before bridge, left onto Park St

Northern Wayne satellite @ Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439 570-798-2335 (fire co) Meetings March-October - 1st & 3rd Thursday; Meetings November-February—1st Thursday only

Waymart satellite @ St. Mary's Rectory at 262 Carbondale Road, Waymart. Meetings 1st & 3rd Thursday. Call Kimber Best 570-766-1916.

Transportation 323 10th Street, Honesdale, PA 18431; 8:00 am-4:00 pm www.co.wayne.pa.us go to "human services" click on "transportation" 570-253-4280; out of 253 exchange 1-800-662-0780

Wayne County Veterans Affairs Representative: Honesdale 314-10th Street, 9-4, Monday through Friday. For more info please call: 570-253-5970, Ext. 3114.

The Wayne County Adult Day Service is open Monday – Friday.
To contact the center please call: 570-390-7388 in Hawley or
570-346-7860 in Scranton.

